



Be active. Be well. Be happy.

WIN:

- Montgomery Gentry Concert Tickets  
Compton Family Ice Arena 11/16
- ND Football Tickets  
vs. Wake Forest, 11/17
- ND Women's Basketball Tickets  
vs. Mercer
- ND Men's Basketball Tickets  
vs. Seton Hall
- Adidas Winter Coat
- Gift Certificates
- Carabiner Radio Headset
- Leather Portfolio
- Sunglasses
- & more...

WIN A FREE  
iPad!

WIN A FREE  
Kindle!

## the annual employee wellness fair at the Rolf's Sports Recreation Center

**Tuesday, Oct. 16**  
noon to 7 p.m.

- 12:15-12:45 How to Make Sushi
- 12:45-1:00 RecSports: Workplace Workout
- 1:00-1:20 RecSports: Track Circuit Workout
- 1:15-1:30 RecSports: Workplace Workout
- 1:15-1:45 How to Make Sushi
- 1:30-1:50 RecSports: Track Circuit Workout
- 2:00-2:30 Hormone Education
- 2:00-3:00 Save Your Dollars, and Your Life:  
Better Healthcare without  
Breaking the Bank
- 3:30-4:00 Diabetes Education
- 5:00-5:30 Pharmacist-driven medication  
management
- 5:30-5:50 RecSports: Track Circuit Workout

**Wednesday, Oct. 17**  
7 a.m. to 11 a.m.

- 9:00-9:30 Aging & Elder Care in America
- 10:00-11:00 Onward & Steady! Balance,  
Dizziness, & Vestibular Issues

- Chair Massages
- Refreshments
- Biometric Screenings
- Your HRQ Kiosks
- Neck/Shoulder Screenings
- Elbow/Hand Screenings
- Hearing Screenings
- Body Comp Analysis
- Mobile Mammogram Unit
- Online Open Enrollment Advisors

## Bus Schedule

Return trips depart Rolf's 60 minutes after arrival

**Tuesday, Oct. 16**

- 12 noon North Dining Hall  
(pick up at back door facing Flanner)
- 2:00 p.m. The Huddle  
(pick up at LaFortune Dock)
- 3:10 p.m. South Dining Hall  
(pick up at SDH dock)
- 5:00 p.m. Mason  
(pick up at Mason)

**Wednesday, Oct. 17**

- 7:00 a.m. Mason  
(pick up at Mason)
- 9:00 a.m. North Dining Hall  
(pick up at back door facing Flanner)
- 9:30 a.m. St. Michael's Laundry  
(pick up at St. Michael's Laundry)
- 9:35 a.m. Food Service Support Facility  
(pick up at FSSF behind St. Michael's)
- 10:15 a.m. South Dining Hall  
(pick up at SDH dock)
- 10:20 a.m. The Huddle  
(pick up at back door facing Flanner)

For more information, visit [hr.nd.edu/work-life-balance/healthy-campus](http://hr.nd.edu/work-life-balance/healthy-campus)  
or call askHR at (574) 631-5900

Complete Your HRQ (with screening) by 11 a.m. Oct. 17, for a chance to win **\$1000!**

